

August 1970.

LOYOLA COLLEGE WOMEN'S ATHLETICS

1970-71 NEWSLETTER

Dear Women Students,

The fall season is fast approaching. Now is the time to think of athletic activities and to involve yourselves in the fun.

1. Get that body back in shape
Fitness sessions will commence ^{Monday} ~~Wednesday~~, September ¹⁴ ~~2~~th at 4:00 pm. at the athletic complex. Would-be majorettes, cheerleaders, ice hockey, field hockey and basketball women should definitely take part.
2. Field Hockey
No experience is necessary for this exciting fall sport. Seven colleges from Ontario and Quebec are competing. Trips are planned to McMaster University (Hamilton) and Bishop's. Excellent instruction will be given commencing Tuesday, September 8th. at 5:30 P.M.
3. Ice Hockey
Tube skates are compulsory this year. Keep your eyes open for sporting goods sales.
4. Intramurals
Tennis tournament shall commence early in October.
5. The Women's Athletic Council needs people interested in organizing and helping out with athletics. Contact Wendy Linton (President) at 481-1498. First meeting September 23 - 12:00 noon - Athletic Classroom.
6. See enclosed sheets for further details and information on co-ed clubs.

These are your facilities. Be sure to use them to your advantage. I hope to meet a lot of you in person this year so do drop in to the athletic complex.

Sincerely,

B. Maunder

B.A. Maunder (Mrs.)
Assistant Director of
Physical Education and Athletics
(Women's)

P.S. All activities take place in or around the athletic complex unless otherwise stated.

CC-HEB CLUBS

<u>NAME</u>	<u>COACH OR INSTRUCTOR</u>	<u>PRACTICE TIMES</u>	<u>COMMENCING</u>
Archery	Mr. John Bermardin	Sundays - 6 to 11 pm.	Sept. 27 - 6 pm. commences Demonstration on Sept. 24 - 12:00 pm.
Fencing	Mr. Chas Otis	Thursdays - 7 to 10 pm.	Thurs., Sept. 24 - 7 pm. East Dining Room commences Demonstration on Oct. 1 - 12:30 pm. to 1 pm.
Aikido	Mr. Massimo di Villadorata	Mondays - 7 pm. till November in gym - 7 pm. after November in Varsity Football Room	September 23 - 7 pm. commences Demonstration on Thurs., Oct. 3 - 12:00 pm.
Modern Dance	Mrs. Tembeck	Tuesdays - 12:30 to 2 pm. in Foyer Thursdays - 5 to 6:30 pm. in Foyer	October 6 commences Demonstration on Sept. 24 - 12:30 to 1 pm.
Judo	Mr. Nakamura	Tuesdays - 1 to 2 pm. Women Thursdays - 2 to 3 pm. Men	Demonstration Thurs., Oct. 1 - 12:00 pm. to 12:30 pm.
Karate	Mr. Ishino	Tuesdays - 2 to 3 pm. Thursdays - 1 to 3 pm.	Demonstration Thurs., Oct. 1 - 12:00 pm. to 12:30 pm.
Badminton	Mrs. Maunder	Thursdays - 8 to 11 pm.	Thurs., Oct. 15 - 8 pm. commences
Curling		Tuesdays & Fridays - 8 to 10 am.	First Meeting Oct. 15 - 12:30 pm.
Sky Diving	Mr. Andy Chmura	to be announced	First Meeting Oct. 15 - 7 pm. in gymnasium Demonstration on Thurs., Oct. 3 - 12:30 pm.
Skiing		Pre Season Conditioning - Oct. 13	Thurs., Oct. 29 - 1 pm. commences

<u>NAME OF ACTIVITY</u>	<u>COACH OR INSTRUCTOR</u>	<u>PRACTICE TIMES</u>	<u>COMMENCING</u>
MAJORETTES	Jean Riddle	Fridays 12:00 to 1:00 Tues. & Weds. 4:00 to 6:30 (M.A.B.)	Immediately Phone Jean if interested 486-2952
Cheerleaders	to be elected	1969-70 Cheerleaders Sept. 8 to 13- 5 pm. Cheerleaders will teach anyone Interested Sept. 21 to 23 - 5 pm. 1970-71 Cheerleading Selections Tuesday, Sept. 29 - 12:00	Fitness Conditioning mandatory
Fitness	Mrs. Maunder	A) Mon., Tues., Thurs., - 4 pm. B) Tues. & Fri., - 1 to 2 pm. C) Tues. & Fri.	A) Wed., Sept. 9 - 4 pm. B) October 13 C) January 8 - 1 pm.
A) Fall Conditioning			
B) Ski Conditioning			
C) Women's Fitness			
Varsity Basketball	Miss Irene Konechny	Mon., Tues., Thurs., - 6:30 to 8	Tues., Oct. 13 - 6:45 pm.
Varsity Field Hockey	to be announced	Mon., Tues., Thurs., - 4 to 6:30	Tues., Sept. 3 - 5:30 pm.
Varsity Ice Hockey	Miss Maureen Custy	Mondays - 6:30 to 8 Tuesdays - 3 to 9:30 Thursdays - 6:30 to 8 or 8 to 9:30	Field Hockey highly recommended for all girls interested in ice hockey October 13 - 6:15 pm.